

At Miers Court Primary School, we recognise and value the importance of the health and wellbeing of the entire community.

## Meet the Team



Michelle Munns  
Deputy Head  
AEN Lead  
Mental Health Lead  
Adult Mental Health  
First Aider



Allison Bedford  
Pastoral Support  
AEN Assistant  
ELSA  
Child Mental Health  
First Aider



Lisa Rose  
Key Stage 2 LSA  
ELSA



Harjit Deo  
EYFS LSA  
ELSA



Nikki Scott  
Key Stage 2 LSA  
Adult Mental Health  
First Aider



Donna Winter  
Key Stage 1 LSA  
Child Mental Health  
First Aider

2022 THAT STAFF  
AWARD WINNER FOR  
SUPPORTING  
EMOTIONAL WELLBEING

Nikki Scott

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Allison Bedford

Welcome to the new Miers Court Primary School Health and Wellbeing Newsletter which will be published three times a year (Terms 1, 3 and 5). In this first edition, we'd like to introduce the team, especially for those of you who are new to the school. Here at Miers Court we are extremely lucky to have several members of staff trained in different aspects of health and wellbeing support. As a school, we believe it is important for every member of staff to have knowledge of how to provide support and nurture our pupils. We have had whole school training in trauma informed practice and attachment as well as Zones of Regulation. Staff are positively encouraged to develop their skills through professional development training and workshops. Many of our staff complete courses in their free time to ensure that they are providing the best possible support for all children.

Each newsletter will have a different focus and will spotlight activities happening that term and the one following. There will be advice from professionals, information sharing and signposting to relevant support. If you have anything you would like to share, please email the school office on [office@mcps.school](mailto:office@mcps.school).

Please take a look at our wellbeing page on our website at <https://www.mierscourt-that.org.uk/wellbeing> for further support or signposting.

## The **ZONES** of Regulation

Last year we introduced Zones of Regulation across the whole school to help us support the emotional needs of all our pupils. A parent guide can be found on our website at:

[https://www.mierscourt-that.org.uk/\\_site/data/files/documents/health\\_and\\_wellbeing/E8B0F9C6E1424CD9C8707B728EA1100B.pdf](https://www.mierscourt-that.org.uk/_site/data/files/documents/health_and_wellbeing/E8B0F9C6E1424CD9C8707B728EA1100B.pdf)

We will be continuing the good work that the children and staff have started, through PSHE lessons and also small group interventions.

### PSHE FOCUS

**Our first term's PSHE focus will be:**

Introducing **Zones of Regulation** to our newest children and refreshing the memories of the children who have already started this programme of work. We will be supporting the children to build their own toolkits to be able to manage their emotions more effectively. Please speak to your class teacher if you would like some additional information regarding any schemes of work.

**Term 2's focus will be: Valuing Difference**

Weekly lessons will be based around our whole school PSHE Scheme (SCARF) and delivered at an age-appropriate level.

### SLEEP

There is a wealth of information about the importance of sleep and how to improve sleep for both children and adults from the following website.

<https://thesleepcharity.org.uk/> in the information and support section.

We will be exploring sleep as part of our assemblies in October.

If your child has difficulties with sleeping, please have a look at the website.

### SPOTLIGHT EVENTS

**18 - 24 September 2023**

***Jeans for Genes Week***

Life-altering Genetic Disorders affect around half a million children in the UK. Jeans for Genes Day is a fundraising day for children with genetic conditions in the UK.

Information will be shared in MCM about how Miers Court will be supporting this event.

<https://www.jeansforgenes.org/>

**10 October 2023**

***World Mental Health Day***

The theme of this year's WMHD is Mental Health is a Universal Human Right. More information can be found on the following link:

[https://wfmh.global/news/2023.23-03-29\\_announcement#:~:text='Mental%20health%20is%20a%20universal,WFMH%20members%2C%20stakeholders%20and%20supporters.](https://wfmh.global/news/2023.23-03-29_announcement#:~:text='Mental%20health%20is%20a%20universal,WFMH%20members%2C%20stakeholders%20and%20supporters.)

**13-17 November 2023**

***Friendship Week***

As usual, we will be running our Friendship Week in school as part of the National Anti-bullying week held every November. More details will follow in MCM nearer the time.

## ASSEMBLY FOCUS

In Terms 1 and 2 we will be focusing on Health and Wellbeing with the following assemblies:

TERM 1		TERM 2	
09.10.2023	How to be Happy	13.11.2023	Friendships
16.10.2023	The Importance of Sleep	20.11.2023	Resilience
		27.11.2023	'Keep Learning'

You can find out further information on these subjects from the following websites:

<https://www.nhs.uk/mental-health/self-help/tips-and-support/how-to-be-happier/>

<https://www.familylives.org.uk/advice/your-family/wellbeing/building-resilience-in-children-and-teens>

<https://www.childrensmentalhealthweek.org.uk/news-and-blogs/2023/february/5-ways-to-support-your-child-to-make-friends/>

<https://thesleepcharity.org.uk/>

[https://media.gosh.nhs.uk/documents/Sleep\\_hygiene\\_F1851\\_FINAL\\_Jun20.pdf](https://media.gosh.nhs.uk/documents/Sleep_hygiene_F1851_FINAL_Jun20.pdf)

## DID YOU KNOW?

You can self-refer your child to the School Nursing Team at MCH. The school nurses can support with a range of issues such as: healthy lifestyles and growth; emotional wellbeing; toileting; sleep; behaviour; managing long term conditions and complex needs in school; healthy relationships; puberty and growing up; and staying safe. More information can be found at <https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/school-health>

Please get in touch with the Miss Munns or Mrs Bedford via the school office if you would like support with referring your child.

## Our Top 5 websites for support

For children, adolescents and parents - <https://www.youngminds.org.uk/> and <https://www.annafreud.org/>

For children over the age of 10 - <https://www.kooth.com/>

For parents - <http://www.familylives.org.uk/>

For loss and bereavement - <https://www.childbereavementuk.org/>